

## Statistics Report 01211, Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D

Report Date: July 04, 2017 05:28 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	g	88.13	28	0.050	87.69	89.2	20.0	88.021	88.23	2	Analytical or derived from analytical	--	12/2008
Energy	kcal	61	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Energy	kJ	256	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Protein <a href="#">1</a> <a href="#">2</a>	g	3.15	27	0.029	3.07	3.31	13.0	3.092	3.216	2	Analytical or derived from analytical	--	12/2008
Total lipid (fat) <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	g	3.27	27	0.024	3.07	3.36	21.0	3.221	3.32	2	Analytical or derived from analytical	--	12/2008
Ash <a href="#">1</a> <a href="#">2</a>	g	0.67	24	0.004	0.66	0.7	15.0	0.663	0.682	2	Analytical or derived from analytical	--	12/2008
Carbohydrate, by difference	g	4.78	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2008
Sugars, total	g	5.05	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Sucrose <a href="#">1</a> <a href="#">2</a>	g	0.00	24	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	12/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glucose (dextrose) <a href="#">1</a> <a href="#">2</a>	g	0.00	24	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	12/2008
Fructose <a href="#">1</a> <a href="#">2</a>	g	0.00	24	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	12/2008
Lactose <a href="#">1</a> <a href="#">2</a>	g	5.05	24	0.052	4.85	5.57	17.0	4.945	5.162	2	Analytical or derived from analytical	--	12/2008
Maltose <a href="#">1</a> <a href="#">2</a>	g	0.00	24	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	12/2008
Galactose <a href="#">1</a>	g	0.00	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
<b>Minerals</b>													
Calcium, Ca <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	mg	113	16	1.760	112	116	11.0	108.715	116.461	1	Analytical or derived from analytical	--	12/2008
Iron, Fe <a href="#">1</a> <a href="#">2</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a>	mg	0.03	46	0.002	0	0.07	3.0	0.026	0.038	9	Analytical or derived from analytical	--	12/2008
Magnesium, Mg <a href="#">1</a> <a href="#">2</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a>	mg	10	42	0.116	7	12	6.0	9.794	10.355	9	Analytical or derived from analytical	--	12/2008
Phosphorus, P <a href="#">1</a> <a href="#">2</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a>	mg	84	42	1.087	59	95	8.0	81.486	86.459	9	Analytical or derived from analytical	--	12/2008
Potassium, K <a href="#">1</a> <a href="#">2</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a>	mg	132	41	1.985	106	163	15.0	127.973	136.441	9	Analytical or derived from analytical	--	12/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sodium, Na <a href="#">1</a> <a href="#">2</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a>	mg	43	42	0.548	26	58	17.0	41.365	43.682	9	Analytical or derived from analytical	--	12/2008
Zinc, Zn <a href="#">1</a> <a href="#">2</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a>	mg	0.37	42	0.007	0.25	0.47	16.0	0.359	0.387	9	Analytical or derived from analytical	--	12/2008
Copper, Cu <a href="#">1</a> <a href="#">2</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a>	mg	0.025	42	0.001	0	0.08	11.0	0.022	0.028	9	Analytical or derived from analytical	--	12/2008
Manganese, Mn <a href="#">1</a> <a href="#">2</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a>	mg	0.004	41	0.000	0	0.01	--	--	--	8	Analytical or derived from analytical	--	12/2008
Selenium, Se <a href="#">1</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a> <a href="#">11</a> <a href="#">12</a> <a href="#">13</a>	µg	3.7	29	0.185	0	8.8	17.0	3.277	4.061	8	Analytical or derived from analytical	--	12/2008
<b>Vitamins</b>													
Vitamin C, total ascorbic acid <a href="#">1</a> <a href="#">2</a>	mg	0.0	7	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	12/2008
Thiamin <a href="#">1</a> <a href="#">2</a>	mg	0.046	24	0.001	0.04	0.05	12.0	0.044	0.048	2	Analytical or derived from analytical	--	12/2008
Riboflavin <a href="#">1</a> <a href="#">2</a>	mg	0.169	23	0.001	0.16	0.2	19.0	0.165	0.172	2	Analytical or derived from analytical	--	12/2008
Niacin <a href="#">1</a> <a href="#">2</a>	mg	0.089	24	0.003	0.07	0.12	18.0	0.083	0.094	2	Analytical or derived from analytical	--	12/2008
Pantothenic acid <a href="#">1</a> <a href="#">2</a>	mg	0.373	8	0.003	0.36	0.38	6.0	0.367	0.379	2	Analytical or derived from analytical	--	12/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-6 <a href="#">1</a> <a href="#">2</a>	mg	0.036	24	0.000	0.03	0.04	16.0	0.035	0.037	2	Analytical or derived from analytical	--	12/2008
Folate, total	µg	5	8	0.534	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2008
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2008
Folate, food	µg	5	8	0.534	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Folate, DFE	µg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Choline, total <a href="#">15</a>	mg	14.3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2008
Betaine <a href="#">15</a>	mg	0.6	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2008
Vitamin B-12 <a href="#">1</a> <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	µg	0.45	14	0.021	0.27	0.53	10.0	0.403	0.495	1	Analytical or derived from analytical	--	12/2008
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	12/2008
Vitamin A, RAE	µg	46	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Retinol <a href="#">2</a>	µg	45	4	1.926	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, beta <a href="#">1</a> <a href="#">2</a> <a href="#">14</a>	µg	7	10	0.618	2	9	6.0	5.103	8.175	3	Analytical or derived from analytical	--	12/2008
Carotene, alpha <a href="#">1</a> <a href="#">2</a> <a href="#">14</a>	µg	0	10	0.000	0	0	--	--	--	3	Analytical or derived from analytical	--	12/2008
Cryptoxanthin, beta <a href="#">1</a> <a href="#">2</a> <a href="#">14</a>	µg	0	10	0.000	0	0	--	--	--	3	Analytical or derived from analytical	--	12/2008
Vitamin A, IU	IU	162	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2008
Lycopene <a href="#">1</a> <a href="#">14</a>	µg	0	6	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	12/2008
Lutein + zeaxanthin <a href="#">1</a> <a href="#">14</a>	µg	0	6	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	12/2008
Vitamin E (alpha-tocopherol) <a href="#">1</a> <a href="#">2</a>	mg	0.07	24	0.003	0.03	0.08	20.0	0.065	0.077	2	Analytical or derived from analytical	--	12/2008
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	12/2008
Tocopherol, beta <a href="#">1</a> <a href="#">2</a>	mg	0.00	24	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	12/2008
Tocopherol, gamma <a href="#">1</a> <a href="#">2</a>	mg	0.00	24	0.001	0	0.01	22.0	0.002	0.006	2	Analytical or derived from analytical	--	12/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, delta <a href="#">1</a> <a href="#">2</a>	mg	0.00	24	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	12/2008
Vitamin D (D2 + D3)	µg	0.1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Vitamin D3 (cholecalciferol)	µg	0.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Vitamin D	IU	2	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Vitamin K (phylloquinone) <a href="#">1</a> <a href="#">2</a>	µg	0.3	8	0.007	0.2	0.3	3.0	0.24	0.285	2	Analytical or derived from analytical	--	12/2008
<b>Lipids</b>													
Fatty acids, total saturated	g	1.865	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
4:0 <a href="#">1</a>	g	0.075	12	0.000	0.07	0.07	--	--	--	1	Analytical or derived from analytical	--	12/2008
6:0 <a href="#">1</a>	g	0.075	12	0.000	0.07	0.07	--	--	--	1	Analytical or derived from analytical	--	12/2008
8:0 <a href="#">1</a>	g	0.075	12	0.000	0.07	0.07	--	--	--	1	Analytical or derived from analytical	--	12/2008
10:0 <a href="#">1</a>	g	0.075	12	0.000	0.07	0.07	--	--	--	1	Analytical or derived from analytical	--	12/2008
12:0 <a href="#">1</a>	g	0.077	12	0.002	0.07	0.1	11.0	0.072	0.081	1	Analytical or derived from analytical	--	12/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
13:0 <a href="#">1</a>	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2008
14:0 <a href="#">1</a>	g	0.297	12	0.011	0.19	0.33	11.0	0.274	0.32	1	Analytical or derived from analytical	--	12/2008
15:0 <a href="#">1</a>	g	0.000	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
16:0 <a href="#">1</a>	g	0.829	12	0.029	0.53	0.94	11.0	0.765	0.893	1	Analytical or derived from analytical	--	12/2008
17:0 <a href="#">1</a>	g	0.000	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
18:0 <a href="#">1</a>	g	0.365	12	0.015	0.22	0.43	11.0	0.331	0.399	1	Analytical or derived from analytical	--	12/2008
20:0 <a href="#">1</a>	g	0.000	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
22:0 <a href="#">1</a>	g	0.000	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
24:0 <a href="#">1</a>	g	0.000	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
Fatty acids, total monounsaturated	g	0.812	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:1 <a href="#">1</a>	g	0.000	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
16:1 undifferentiated <a href="#">1</a>	g	0.000	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
18:1 undifferentiated <a href="#">1</a>	g	0.812	12	0.032	0.5	0.93	11.0	0.743	0.882	1	Analytical or derived from analytical	--	12/2008
20:1 <a href="#">1</a>	g	0.000	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
22:1 undifferentiated <a href="#">1</a>	g	0.000	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
Fatty acids, total polyunsaturated	g	0.195	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
18:2 undifferentiated <a href="#">1</a>	g	0.120	12	0.005	0.07	0.14	11.0	0.11	0.131	1	Analytical or derived from analytical	--	12/2008
18:3 undifferentiated <a href="#">1</a>	g	0.075	12	0.000	0.07	0.07	--	--	--	1	Analytical or derived from analytical	--	12/2008
18:4 <a href="#">1</a>	g	0.000	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
20:4 undifferentiated <a href="#">1</a>	g	0.000	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:5 n-3 (EPA) <a href="#">1</a>	g	0.000	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
22:5 n-3 (DPA) <a href="#">1</a>	g	0.000	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
22:6 n-3 (DHA) <a href="#">1</a>	g	0.000	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
Cholesterol <a href="#">1</a>	mg	10	12	0.549	6	13	11.0	9.158	11.573	1	Analytical or derived from analytical	--	12/2008
<b>Amino Acids</b>													
Tryptophan <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	g	0.040	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Threonine <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	g	0.134	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Isoleucine <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	g	0.163	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Leucine <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	g	0.299	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Lysine <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	g	0.264	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Methionine <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	g	0.083	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cystine <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	g	0.019	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Phenylalanine <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	g	0.163	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Tyrosine <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	g	0.159	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Valine <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	g	0.206	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Arginine <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	g	0.090	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Histidine <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	g	0.095	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Alanine <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	g	0.107	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Aspartic acid <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	g	0.270	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Glutamic acid <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	g	0.708	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Glycine <a href="#">3</a> <a href="#">4</a> <a href="#">5</a> <a href="#">6</a>	g	0.062	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proline <a href="#">3 4 5 6</a>	g	0.311	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Serine <a href="#">3 4 5 6</a>	g	0.190	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2008
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2008
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2008

**Sources of Data**

- <sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 4c, 2001 Beltsville MD
- <sup>2</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8i, 2004 Beltsville MD
- <sup>3</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11a, 2007 Beltsville MD
- <sup>4</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11b, 2007 Beltsville MD
- <sup>5</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11c, 2007 Beltsville MD
- <sup>6</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11d, 2007 Beltsville MD
- <sup>7</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1995
- <sup>8</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1996
- <sup>9</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1997
- <sup>10</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1991
- <sup>11</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1992
- <sup>12</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1993
- <sup>13</sup>Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1994
- <sup>14</sup>National Institutes of Health (NIH) Carotenoid analyses of U.S. foods, Food Composition Laboratory, 1997
- <sup>15</sup>Nutrient Data Laboratory, ARS, USDA Choline Study, Local pickup UNC, NFNAP, 2003 Beltsville MD